

Mindfulness Meditation

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With all the mindfulness exercises focus is your intention, but does not define success.

Calmness and relaxation are not the goals.

Do as much as you can, however you can.

You don't need a completely quiet environment to practice these skills.

Being aware of your thinking is the key.

Mindfulness Resources

Books

Where Ever You Go There You Are by Jon Kabat-Zinn

Full Catastrophe Living by Jon Kabat-Zinn

The Miracle of Mindfulness: An Introduction to the Practice Of Meditation by Thich Nhat Hanh

Building Emotional Intelligence by Linda Lantieri

The Mind's Own Physician : A Scientific Dialogue with the Dalai Lama on the Healing Power of Meditation edited by Jon Kabat-Zinn

Train Your Mind, Change Your Brain by Sharon Begley

Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom by Patricia A. Jennings

Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything by Deborah Schoeberlein

For kids(K-G3):

The Listening Walk by Paul Showers

You Are Not Your Thoughts by Brian Despard

What Does It Mean to Be Present? by Rana DiOrio

Visiting Feelings by Lauren Rubenstein

Mindful Monkey, Happy Panda by Lauren Alderfer

Peaceful Piggy Meditation by Kerry Lee Maclean

Teens:

The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time by Dzung Vo

The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress by Gina Biegel

Structured Curriculum:

MindUp Curriculum (PreK – 2, 3-5, 6-8) – The Hawn Foundation

Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention and Performance by Patricia Broderick

Websites

Mindful.org

Mindfulness.org.au

Garrisoninstitute.org

Contemplativemind.wordpress.com

Apps

Headspace

Jon Kabat-Zinn Series 1-3

The Mindfulness App - reminders

Buddhify – tailored meditations based on situation

Smilingmind – meditation for children

Mindfulness Meditation by Mental Workout

Walking Meditation by Meditation Oasis

Stop, Breath and Think

Mindfulness Training App

Notes